

# Knowledge Mat: PE - Year 7

## Key Knowledge

### Term 1 - Invasion Games

- To be able to control a ball.
- To be able to pass and receive.
- To be able to keep possession and work in a team.
- Know rules for small sided games.



### Term 2 - Fitness/Net

- To know techniques for warming up.
- To know basic methods of fitness testing e.g. Cooper test and experience different training methods.
- To know how to hold a badminton racquet.
- To know how to push and tap a shuttlecock.
- To be able to maintain a short rally.



### Term 3 - Striking/Fielding/Athletics

- Running for speed/distance.
- Jumping for height.
- Throwing from standing.
- Striking ball with bat.
- Bowling.
- Throwing/ catching with recognised equipment.



## Wider Experiences / Try To Do...

- **Take part** in Sports' Day
- **Play** for a school team
- **Join** a club
- **Watch** a sport on TV



## The **big** questions:

- Do You know how to score in a variety of conditioned games?
- Do you know how fit you are?
- Do you know how to keep a rally going in Badminton?
- Do you know how fast you can run over at least two distance?
- Do you know how high you can jump?
- Can you throw, catch and hit a ball in practice with recognised equipment?
- How can you shoot the ball?

## Vocabulary

**Word** – *Meaning*

### **Control** –

*The power to influence the course of events.*

### **Possession** –

*The state of having, controlling something.*

### **Attack** –

*Gain an advantage against an opposing team.*

### **Defence** –

*The action of defending one's goal against the opposition.*

### **Stamina** –

*The ability to sustain prolonged physical effort.*

### **Rally** –

*An extended exchange of strokes between players.*

### **Striking** –

*Hit or kick a ball.*

### **Fielding** –

*Catch or stop the ball and return it.*